

# R.I.S.E. Workbook

Step Out of Your Comfort Zone and Transform Your Future  
Created by Tim Culpepper

## Resolve: Commit to Change

### *Reflection*

- Where in your life do you feel stuck?
- What fears are holding you back?

### *Exercise*

Write down one bold decision you've been avoiding:

### *Action Plan*

What small step can you take this week?

## Invest: Build Your Skills

### *Reflection*

- What skill or habit would make the biggest difference in your life?
- How have you invested in yourself before?

### *Exercise*

Write down one skill you will commit to learning in the next 30 days:

### *Action Plan*

Resources I'll use:

Time I'll dedicate each week:

## Serve: Use Growth to Help Others

### *Reflection*

- Who has served you in your life?
- How did their service impact your journey?

### *Exercise*

Write down one way you can serve someone this week:

### ***Action Plan***

Who will I serve?

How will I serve them?

## **Elevate: Transform Your Future**

### ***Reflection***

- What does your future self look like one year from now?
- What opportunities will open up if you commit to R.I.S.E.?

### ***Exercise***

Write down one word that describes your elevated future self:

### ***Action Plan***

Daily habits that will help me elevate:

## **My R.I.S.E. Plan**

Resolve: \_\_\_\_\_

Invest: \_\_\_\_\_

Serve: \_\_\_\_\_

Elevation Word: \_\_\_\_\_